

Abstract

Title:

Physiotherapy case study of a patient with ankle fracture

Objectives:

The aim of this thesis was to obtain and process the theoretical knowledge about anatomy and kinesiology of the ankle, phylogenesis and ontogenesis of the foot and about the mechanisms of a traumatic injury. Then there are also diagnostic and therapeutic methods mentioned. The aim of the practical part was a case study of the patient with such diagnosis together with the design of the therapy and its practical application.

Methods:

This thesis consists of 2 parts, a theoretical one and a practical one. The theoretical part deals with facts connected to the diagnosis of an ankle joint trauma, specifically anatomy, kinesiology, biomechanics of the joint during walking, traumatology and treatment options.

The practical part is devoted to the case study of physiotherapeutic care of a patient with such diagnosis. It contains an initial kinesiological analysis, short-term and long-term therapy schedule, therapy itself and the output kinesiological analysis together with an evaluation of the effect of therapy. The practical part was elaborated during the clinical practice at the Regional Hospital Kladno in a term of 8th January – 2nd February 2018.

Results:

After completing the set of therapies, the condition of the patient was significantly better, the muscle strength of the muscles of the ankle joint of the right leg improved, we can see the reduction of the m.gastrocnemius shortening on both legs together with an increase in the range of movement in the ankle joint of the right leg. The improvement of overall stability and optimization of the walk was a great success.

Conclusion:

The rehabilitation was crucial for the patient to restore complete self-service capabilities and return her to the common lifestyle she was used to before the injury.

Keywords:

Fracture, ankle joint, therapy, physiotherapeutic procedures, traumatology